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ABSTRACT

This handbook was written to introduce learners to the game of volleyball and its skills and strategies. Twenty-four steps to mastery of techniques of the game are organized sequentially, providing a transition from one skill to the next. An explanation of what is covered in the step, why it is important, and how to execute or perform the step's focus--which may be a basic skill, concept, tactic, or combination of all three, is provided. Numbered illustrations demonstrate body positions. Common errors that may occur are pointed out. Drills are illustrated as well as strategies for offense and defense. Summary checklists are provided for evaluating proper techniques. (JD)

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